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WRITER **DOES DUFF** HAVE THE RIGHT STUFF? (page 16)









No keeping Moose down last night

Halifax scored twice in the third to record a much-needed win against a high-powered Rimouski team. Halifax went into the game with just three

Loonie just shy of parity

Canada's currency may soon match U.S. dollar: Analysts (page 12)

Sleep watcher's four faces

Sketch released of suspect in latest break-in (page 4)

Centre gets hea

Province lends support to convention centre project • Halifax regional council to hear trade centre report Tuesday • Feds processing funding application

Premier Darrell Dexter announced his government's tentative support for a new trade and convention centre for down-town Halifax yesterday. But that support doesn't come with a cheque.

Dexter stressed that all three levels of government still need to determine the funding arrangement with developer Rank Inc. "(The support) is contingent entirely on this being a shared level of responsibility between the three levels of government," Dexter told reporters.

Despite the ambiguity, the announce-ment showed the province is at least willing to help fund the \$159-million facility.

Dexter said he spoke with HRM Mayor Peter Kelly yesterday, and committed to providing whatever information the municipality needed to make a decision.

"(Kelly) just stressed that he wanted get all the information he needed to get the package to council as soon as possible,"

Kelly, however, refused to speculate on

Pros and cons

- The premier focused much of his announcement on the potential economic spinoffs of the project, including the creation of about 1,700 jobs and \$40 million in tax revenue in the first 10 years
- The argument did little to sway project opponents. "The analysis that I've done indicates that the net cost after all the benefits ... is about \$6 million a year for the next 25 years, after which we would own nothing," said Allan Robertson, representing The Coalition to Save the View

the issue before council hears a report on the trade centre next week.

"The devil is in the details," Kelly said. 'We want to see the specific ask, which we don't have yet, and then we'll be able to respond accordingly."

The federal government will be asked to contribute \$46 million. @ ALEX BOUTILIER





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Paula Abdul will Bust a Move

Straight up now: Former American Idol judge Paula Abdul will headline Halifax's next Bust a Move breast cancer fundraiser.

The six-hour fitness event will be held March 26 at Clayton Park's new Canada Games Centre. Sarah MacDonald, the

Sarah MacDonald, the volunteer chairwoman, said yesterday they doubted they'd land the American star but tried anyway.

Abdul called back herself and said she'd be delighted.

She will lead the last session of the event's fitness portion.

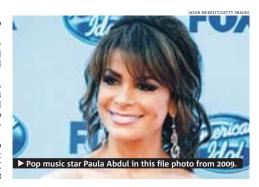
"We were looking for something that would get people really excited," MacDonald said as Abdul's 1988 hit Straight Up blasted in the background. "She's been to Halifax before and we think she likes the town."

Judi Phillips, who survived breast cancer, said she's involved because she wants to help others.

"It's my turn to step up to the plate," she said.

Phillips called the disease a "son of a bitch" and said afflicted women need all the help they can get.

The January 2010 event, featuring fitness guru Richard Simmons, raised more than \$1 million to buy a digital mammography machine. The 2011 event is raising money to create a one-stop breast health centre at the IWK Health Centre. • JON TATTRIE





Opponents to keep fighting trade centre

Costs of project will outweigh benefits by about \$6M a year for 25-year lease: Coalition spokesman

While the business community applauded Premier Darrell Dexter's announcement of support for the proposed trade and convention centre, opposition to the project remains.

And The Coalition to Save the View spokesman Allan Robertson said they're not giving up the fight

fight.
"This is just the beginning," he said.

"When you take all of the pay back to the province ... (including) extra sales tax, extra income tax, it works out to a net cost of about \$6 million a year."

On the other side of the fence, the business community inundated inboxes with press releases praising the government's decision.

"It's the job of government to do these sorts of things. I simply want them to appreciate what the net cost of the decision is."

ALLAN ROBERTSON, HERITAGE TRUST

"Between the (new central) library and the convention centre, the province is showing some confidence in downtown (Halifax) and an understanding of how important downtown is in terms of the entire economic vitality of the province," said Paul MacKinnon, president of the Downtown Halifax Business Commission.





News on the move

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Theo Fleury speaks out on news of a new arrest warrant for former coach Graham James. Video at metronews.ca/canada

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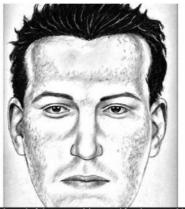
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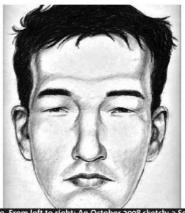
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▶ Pictured are the four sketches police have released of the suspect(s) wanted for sleep watching. From left to right: An October 2008 sketch; a September 2009 sketch; a sketch of the suspect varieties for an Ediphurgh Street incident May 1: and the sketch released unstanday reparating the Mellington Street incident State 10.

Sleep watcher's 4 faces

Police release suspect sketch related to Wellington Street sleep-watcher incident ◆ About 20 sleep-watching incidents have been reported in the city over past two years, the latest Oct. 2



Four sleep-watcher sketches — all eerily similar.

Halifax Regional Police yesterday released a sketch of the suspect wanted for a sleep-watching incident Sept. 19 on Wellington Street.

A man entered an apartment by removing a screen from an open window. From there, police say, he entered three bedrooms and watched three women

sleep. He inappropriately touched two of them, police add.

He ran out of the apartment, but one of the women saw him well enough to provide a sketch artist with a description.

The witness lives out of

town, and it took time to schedule an appointment with the RCMP sketch artist, said Const. Brian Palmeter, explaining the delay in releasing the sketch.

There have been about 20 sleep-watching incidents in the past few years, the

latest occurring Oct. 2.

A woman on Fenwick Street awoke to find an unidentified person standing in her living room. He was wearing a hoodie that was zipped up over his face and he fled immediately when the woman awoke.

One or more?

- Because many witnesses weren't able to provide a description, Halifax police spokesman Const. Brian Palmeter said it's hard to say whether one suspect is responsible.
- "We do believe a number of the incidents were conducted by the same person," he said. "But while we are investigating the matters in conjunction with each other, we are keeping an open mind that there could be more than one."







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OUEEN'S LANDING

Waterfront complex approved

A proposed office complex for the Halifax waterfront has gained approval from the province

The Waterfront Development Corp. and Armour Group Ltd. have agreed on a conceptual plan for Queen's

Scrutiny over

Landing. The company must now submit its plan for municipal approval.

The project includes office space, a 200-room hotel and underground parking.

A preliminary economic impact analysis released in 2006 said the development has the potential to create more than 1,300 jobs and provide the province with nearly \$6 million in tax revenue.

THE CANADAN PRESS

Fighting the good fight

• Forty-eight hour weigh-in starts tonight at 6 p.m. in the Food Fight Challenge Donations should bolster local food banks through winter



weekend passes 15 Estimated number of

The province's Public Accounts committee will decide next week whether or not to hold a hearing on the Justice Department's handling of weekend passes for inmates at the Central Nova Correctional Facility in Burnside. Justice Minister Ross Landry revealed re-cently some inmates, including sex offenders, were given leave to serve time at home on the weekends due

inmates turned away each week at the Burnside jail.

to overcrowding.

Development

Liberal MLA Leo Glavine of Kings West requested representatives from the justice department appear before the committee to answer questions on the matter. . ALEX BOUTILIER

Here's hoping Halifax's charitable spirit weighs tonnes and tonnes.

The weigh-in for the Food Fight — a challenge to raise food donations between Halifax, Regina and Vancouver tonight at 6 p.m.

Food donations will be weighed at the Exhibition Park until 6 p.m. on Satur-

day.
"We won't know until the actual event how well we've done with the messaging," said Feed Nova Scotia's Dianne Swinemar.

In the past month, challenges between businesses were thrown across the municipality, and Canada Post will be collecting donations at the doors of houses in several areas throughout HRM on Satur-

Once the dust settles, the mayors in the two losing cities will wear the victor's t-shirts, hats and pins as well as flying the winning city's flag at their city hall

But it's not about the winning, Swinemar said.

"It's more about the resources that come in than the win, as far as I'm concerned. I think winning is just the spirit of the team here and I'm really proud of them.



Where to go

Drop off points for food donations:

- **Exhibition Park** Thursday, 6 p.m.
- to Saturday, 6 p.m. Burger King parking lot 121 Ilsley Ave. Friday, 7:30 a.m. to 5:30 p.m.
- **ADP Canada**

- 130 Eileen Stubbs Ave.. Unit 22. Thursday and Friday, 9 a.m. to 5p.m.
- **Payzant Building Products** 250 Sackville Dr. Friday, 7 a.m. to 9 p.m., Saturday, 7 a.m. to 4 p.m.
- Sobeys Penhorn Mall and Mumford Road.
- **KOOL FM studio** 3770 Kempt Rd. Thursday, 8 a.m. to 6 p.m.
- CBC Radio Sackville and South Park Streets. Friday, 6 a.m.

to 6 p.m.

- ► Feed Nova Scotia Bedford Highway Thursday, 6 to 8 p.m., Friday, 8 a.m. to 6:30 p.m., Saturday, 8 a.m. to 3 p.m.
- Several Canada Post offices
- Visit feednovascotia/ foodfight for details

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Gas price disparity keeps fuelling anger

N.B. price difference hurting business: Amherst gas station owners New regulated price being set Friday

Bruce Fage is becoming increasingly frustrated with a gas pricing system he believes simply isn't working. Even more aggravating,

he says, is that the government is doing nothing to level the playing field with New Brunswick.

"I can't help but be frus-trated with this," said Fage, who operates a Shell gas station in the Amherst area. "We did no business at all over the weekend. What we got was peanuts."

Volumes at Fage's gas station, like many of those in the Amherst area, have been dropping for months. That drop worsened late last week when a 10-cent price difference emerged af-

Government



ter Nova Scotia increased its

price for self-serve regular

gasoline to \$1.11 while the

price in New Brunswick on-

asked the province earlier

this fall to create a special

tax zone between Amherst

and Oxford that would

unsuccessfully

ly rose to \$1.01.

Fage

Farlier this month Finance Minister Graham Steele said he would not intervene on gas prices.

He believes the situation will be influenced by the new government of New Brunswick and its tax situation.

equal the price of gas in the area to that of New Brunswick for 60 days.

"If the government's not going to do something then they should scrap the regulation and see if the gas companies do some-thing to level it," he said. AMHERST DAILY NEWS



Bail application today

Jason Wayne MacRae, charged with first-degree murder in the death of his wife, Paula Gallant, will make a court appearance today. He's appearing at the Nova Scotia Supreme Court to apply for bail. Gallant, a school teacher, was found dead in the trunk of her car in Timberlea in 2005.

News in brief

Sailor saved from island

RESCUE. A man has been rescued from a 10-metre sailing vessel that ran aground at Shut-in Island near Halifax early vesterday

Capt. Lynne Patterson of the Joint Rescue Co-ordination Centre in Halifax said he was picked up by the crew of a Cormorant helicopter from CFB Greenwood, Patterson said the man was alone on the vessel and didn't know of his condition. THE CANADIAN PRESS

Man charged in bat attack

CAPE BRETON. Police arrived at a home in Glace Bay Tuesday to find a man, 55, suffering from a broken leg. Police said he had been hit with a baseball bat. A 22-yearold Cape Breton man is facing assault charges. THE CANADIAN PRESS



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Winnipeg police release refers to investigation of complaints but says no more info would be released

The lawyer for convicted sex offender Graham James says the former junior hockey coach faces several new charges of alleged sexual assault dating from the late 1970s through the early 1990s.

Evan Roitenberg refused yesterday to reveal whether he had spoken to James, but did say: "Mr. James has indicated nothing but a willingness to cooperate with the police in their investigation. That hasn't changed."

Police confirmed a Cana-

Police confirmed a Canadian Press report that a Canada-wide warrant had been issued for James.

"What it means is I'm going to be discussing with

the police and-or the Crown's office how best to proceed at this point," Roitenberg said. "I'm hoping to have those discussions sooner rather than later."

Police spokesman Const. Jason Michalyshen refused to provide more details about the new charges.

Michalyshen had said earlier in the day that police did not want to do anything to jeopardize the investigation. He wouldn't say how many alleged victims might have been contacted by police.

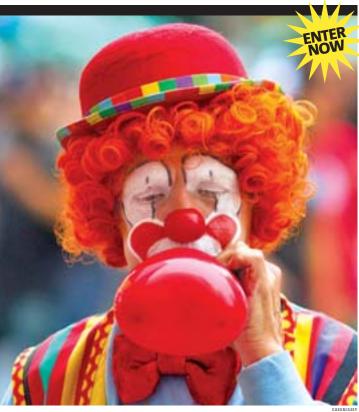
Roitenberg said he had no details of the police investigation.

THE CANADIAN PRESS

Fleury reacts

Theoren Fleury had a hard time getting the words out just hours after learning a warrant was on the way for Graham James.

- "I knew it was coming," Fleury said during a news conference yesterday. "It's been an interesting day so far because I have all kinds of feelings going through my mind."
- ► Fleury's tell-all autobiography last year contained new sexual abuse allegations against James, who coached Fleury and fellow NHLer Sheldon Kennedy as teens.



Send in the clown

Today's photo of the day is by Canadian gueorguiev and was submitted in the Emotions category. The photo is titled: It. Enter your photos today and view more pictures at metrophotochallenge.ca.





They're all out

• Global village watches a modern miracle as last man is pulled from Chile mine • 'We had strength, we had spirit, we wanted to fight,' says the men's leader

The last of the Chilean miners, the foreman who held them together when they were feared lost, was raised from the depths of the earth last night.

It was a joyous ending to a 69-day ordeal that riv eted the world.

Luis Urzua ascended smoothly through 2,000 feet of rock, completing a 22-hour rescue operation that unfolded with remarkable speed and flawless execution.

Before a jubilant crowd of about 2,000 people, he became the 33rd miner to be rescued.

"We have done what the entire world was waiting for," he told Chilean President Sebastian Pinera immediately after his res-

"The 70 days that we fought so hard were not in vain.

"We had strength, we had spirit, we wanted to fight, we wanted to fight

fight, we wanted to fight for our families, and that was the greatest thing." The president told Urzua: "You are not the same, and the country is not the same after this. You were an inspiration. Go hug your wife and your

daughter."
With Urzua by his side, led the crowd in



singing the national an-

The crowd in "Camp Hope," down a hill from the escape shaft, set off confetti, released balloons and sprayed champagne as Urzua's capsule surfaced, joining in a rousing min-

nearby Copiapo, about 3,000 people gathered in the town square, where a huge screen broadcast live footage of the rescue. The exuberant crowd waved Chilean flags of all sizes and blew on red vuvuzelas as cars drove around the plaza honking

their horns, their drivers yelling, "Long live Chile!" In Chile's capital of San-

tiago, hundreds gathered in Plaza Italia, waving flags and chanting victory slogans in the miners' hon-

The miners rejoin a world intensely curious

about their ordeal, and certain to offer fame and jobs.

Previously unimaginable riches await the men who previously risked their lives going into the unstable gold and copper mine for about \$1,600 a month.

THE ASSOCIATED PRESS

Chileans in Canada rejoice

Canadian companies have taken part in the rescue.

Canada helps

Calgary-based Precision Drilling Corp. says it's proud of the role its crews played in digging a hole to reach the men.

Atco Structures and Logistics sent portable buildings

They gathered in churches, community centres and living rooms across Canada to watch the dramatic rescue of their brethren trapped a Chilean mine.

The miracle story is one Chilean-Canadians their homeland was longing for.

"It's been a pretty emotional year for Chile ... with the earthquake, and with this now," said Pablo Vivanco of Toronto.

"Everyone is quite relieved and quite happy that there's finally a good story in all of this.

Jose Astorgasay of Win-

nipeg was sitting with his family in the living room watching anxiously as the first rescuer was lowered into the shaft.

"I'm very nervous, very nervous. From now on everything can happen,'

Sandra Azocar of Ed-

monton's Chilean-Canadian Cultural Association said: "I think everybody's just glued to their TVs, because the majority of Chileans have satellite TV. In Chile, nothing else is on TV except the rescue of the miners

THE CANADIAN PRESS

Leaving a job to have kids? You'll soon feel the pinch

Working moms who leave and re-enter the labour force to have kids could be feeling the financial pinch, facing wage losses of three per cent for each year of absence, according to a new TD Economics Report.

În Career Interrupted – The Economic Impact of Motherhood, authors Beata Caranci and Pascal Gauthier suggest what is dubbed the "motherhood gap" in wages primarily occurs because of wage penalties mothers experience every time they exit and re-enter the workforce.

The report finds persistent wage loss is as much as three times more severe for frequent exits than it is for long absences, such as caring for an elderly relative.

This results in mothers losing more wages than co-workers who take extended leaves for other

"This new insight provides a vantage point for employers on how to reengineer jobs and provide the flexibility this demographic demands," said Gauthier, a senior economist with TD Economics. THE CANADIAN PRESS

"With a significant portion of the skilled labour force in Canada retiring over the next 10 years, employers will need to do all they can to attract and retain highly skilled women, including mothers. PASCAL GAUTHIER

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Loonie again knocking on parity's door

One analyst sees loonie rising to \$1.15 US in the next year • Three years ago loonie flew to \$1.10 US

Canadian dollar moved close to parity with the U.S. dollar yesterday, closing up 0.57 of a cent at 99.52 cents US after going as high as 99.89 cents.

Since last reaching parity in April, the loonie has approached the psychological barrier several times, only to fall back each time.

But Scotiabank currency analyst Camilla Sutton said this time may be different, given that the U.S. dollar continues to face pressure and has been falling against most of the world's currencies as the American economy remains sluggish.

The most recent appreciation follows release of minutes from U.S. Federal



Reserve officials that suggest the American central bank, which already has a zero interest policy rate, to further ease conditions. The loonie is also propped





Shares. Rising

Apple's shares hit all-time high

Apple's shares topped \$300 US for the first time in its history yesterday as stellar iPad sales and a planned expansion into China give investors all the assurance they need for the iPhone maker's already healthy prospects. The rise gives Apple a market capitalization of about \$273 billion. Apple had long surpassed the scale of tech heavyweights such as Microsoft Corp., Google Inc. and IBM, which also hit an all-time high yesterday.

(\$83.01 US) up by strong commodity DITICES. THE CANADIAN PRESS

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BEARING DOWN WITH THE BRUINS

He says ... IOHN **MAZEROLLE**



I like pretty much any sport, even the fringe ones like lawn darts or walking or Canadian football. But my one true sports love is hock-

t doesn't need to be the playoffs or even a big game for me to be interested. I can watch Florida play Phoenix in mid-January and I'll be satisfied.

But if you want to see me "literally explode" (as the sports anchors like to say) it needs to be a Boston Bruins game.

My dedication to the Bruins is

such that I get severely annoyed when people ask, "So now that the B's are eliminated, who are you cheering for?"

Nobody. The question doesn't even

ins are out. I cheer for plane crashes. If Montreal and Toronto ever hold an outdoor game in Tenerife, I'll watch with great interest.
I do have a peck-

ing order of teams I cheer against. I hate Montreal

most because that's what is written in the Hockey Guide To Fandom, then San Jose for reasons too arcane to go into here, then Philadelphia because they are

After that, I hope whatever team I know the least fans of wins, so I might avoid the inevitable summertime gloating. Go, Columbus, go.

Hockey is great because it gives people in this country something to talk about.

The lost season a few years ago wasn't sad because of the

"It means

everything and

it means nothing

and fear with

none of the

real-life risk."

- all of the joy

loss of the National Hockey
League, which
doesn't know its ice from its elbow but because it left us with nothing to discuss.

In the depths of winter, it's nice that downtown Toronto and northern Alberta have something in common. It's like

talking about Betty White with your grandmother so you can avoid discussing how often you've used that rosary she made vou.

And for me, personally, I like

hockey (and sports in general) because it gives me an excuse to be irrational. I spend the rest of my life depressed by religion, scared of nationalism, and pissed off by mysticism.
But along comes hockey and I

can be completely consumed by iov or anger or fear, all because I like the team with the "B" on its sweater.

It makes no sense, which is what makes it fun. It means everything and it means nothing
— all of the joy and fear with
none of the real-life risk. What
could be better?

Well, the Montreal Canadiens literally exploding, maybe. But



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

I'M GOING AS

A CHILEAN ENGINEER THIS YEAR SUPERHEROES

Weeding out opinions

We asked: Should marijuana be legalized?

TORONTO, Yes, I think it should. There is too much violence associated with it when it's not legal. NANCY SCOTT

@rrrebeccaa yes! it's a 7-bil-lion a year industry, tax it, sell it, and help countries with their debt

@zacivich legalize. it's proven that the gateway theory is garbage, no health effects from the drug itself.

TORONTO. Marijuana should be legalized for adults because adults



should have the right to choose which recreation substance to use, especially since alcohol is much more dangerous. EDGAR BERNAL MARTINEZ

Re: Lindsay Lohan

TORONTO. I read in Letters & Tweets about a fan who doesn't like the exposure Metro gives to Lindsay Lo-

I for one am quite interested to know what is going on with her. I like seeing the photographs, I like seeing the full-page articles on her. It's a great story — of her addictions, of her meddling father, her relationships ... it's a Hollywood movie inside a Hollywood movie.
TOM TKACH

What would you want with you if you were trapped in a mine?

Email halifaxletters @metronews.ca Twitter @metrohalifax

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• halifax_distribution@metronews.ca

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with Denise Djokic

Halifax's Denise Djokic is back with Symphony Nova Scotia for a performance tonight at the Rebecca Cohn Auditorium. Considered one of the best cellists who gets praised for her who gets plasted to her poise and power, Djokic will join the symphony with conductor Bernard Gueller at the helm. Djokic is performing Saint-Saens: Cello Concerto No. 1, considered one of the best-known cello concertos. The cello concertos will be paired with Schubert: Symphony No. 8 The Great. Tonight's show begins at 7:30 with tickets ranging in price from \$29 to \$52. Visit symphonynovascotia.ca for complete details of tonight's show and its full season schedule.

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scene

Hilary Duff romance novelist



Eliminated



Mike "The Situation" Sorrenti-no is headed back to the Jersey shore. The reality star with the chiseled abs was eliminated from Parcing With the Stars Tuesday. He and professional partner Karina the show in last place after performing an Argentine tango Mon-day that one judge called "a terrible

from Dancing With Smirnoff came into



Young adults have always been Hilary's fan base Now she's reaching them in a new way by writing a romance-adventure novel

Hilary Duff may be a recently married young woman of 23, but when it comes to books she's not

"I love reading young adult books even though I'm a little older than the set demographic for YA," she said Tuesday. "I love adventure. I relate to girl characters, love, finding yourself and breaking out

of the mould that people put you in."

It makes sense then that actress and singer would decide to write her first novel "Elixir" for the younger set.

Duff may have a feel for her reading audience, too, from knowing her viewing audience. Duff played Lizzie MacGuire for two seasons on the Disney

"Then I thought: 'I'm open for a new challenge. I'm going to try to write a book."

HILARY DUFF

Channel from 2001-2004. Fans who watched her on TV may also want to check out her book.

This idea just kept

coming to me and building in my head. I thought 'What am I gonna do with

Duff has had a busy year. Besides writing, she also wed pro hockey player Mike Comrie in August.

She says publishing deadlines can be more stressful than planning a

wedding.
"It's very similar ... I

Elixir

Elixir is about a young photojournalist named . Clea Raymond whose photos have extra images in them that weren't there originally. Then her father disappears. Clea sets off to unravel the mystery of both.

couldn't even choose which one is harder. I guess I'd say the book.' THE ASSOCIATED PRESS

Book awards ignore popular contender

It's the Great American

Jonathan Franzen's Freedom, the year's most highly praised and talked about literary novel, was not among the fiction fiannounced Wednesday for the U.S. National Book Awards.

Nine years ago, Franzen won for The Corrections and his latest book was a sensation even before its release, the subject of a Time magazine cover story

demand that President Obama obtained an early

Oprah Winfrey picked Freedom for her book club, even though club, even though Franzen's ambivalence in 2001 over her choosing The Corrections had led her to cancel his appearance on her show.

Nominees on Wednesday included Peter Carey,

whose Parrot and Olivier in America was a runnerup for the Man Booker Prize, and such well-regarded authors as Nicole Krauss (Great House) and Lionel Shriver (So Much for That).

The book awards also welcomed a rock star, Patti Smith, a nonfiction contender for Just Kids, a memoir about her friend-ship with photographer Robert Mapplethorpe; and an attorney, poetry finalist Monica Youn (Ignatz).

Winners, each of whom

receive \$10,000, will be announced at a ceremony Nov. 17, hosted by humorist Andy Borowitz. Franzen's book wasn't

the only notable work not selected. Among the non-nominees were such nov-elists as Karl Marlantes and Tom Rachman.

"Obviously, Freedom is the big book of the year, but the question is what the National Book Awards are supposed to honour," said Harold Augenbraum,

executive director of the National Book Foundation, a non-profit organization that presents the awards. "We tell the judges just to look at the books and that outside chatter is not important. We go with that every year."

Established in 1950, the book awards are chosen in each category by fivemember panels of fellow changing each year.

Album reviews

A classic ����� | Buy it ���� | Get the single ��� | Borrow it �� | Don't bother �

Team helps Lil Wayne

Lil Wayne Album: I Am Not A Human
Being

Label: Cash Money

Lil Wayne will be released from Riker's Island on Nov. 4, after serving eight months of a year-long sentence for weapons charges. As he reminded us before his incarceration though, his steady flow of releases would never be jeopardized. February's Rebirth was a long-delayed, unwelcome renaissance that found Weezy fumbling

unwelcome renaissance
that found Weezy fumbling
with clichéd, crunchy raprock riffs and an overflow
of Autotune. His devoted
then should find some sol
Darius Rucker
Album: Charleston, SC 1966
Label: Capitol/EMI

Bee

Being, if not for being most-

ly Autotune-less than for

knowing that some of it was originally written for Tha Carter IV. That he has

Drake by his side for three

Minaj is Wayne playing it

smart and recognizing the

cuts and another with Nicki

Label: Capitol/EMI

●●●
Hootie & The Blowfish is probably the punch line to some music joke, but there's nothing funny about Darius Rucker's new career. The band's lead singer is a big shot



end that follows his release. The biggest surprise comes in I'm Single, which finds the mentor taking a page from his student, spitting something smooth over some woozy R&B. Despite being a scattershot listen with as many misses as hits, I Am Not A Human Being does its job a satiating gap-filler till we get that Carter IV he's promising for 2011. Outstanding track: Right Above It A CAM LINDSAY

Sufjan Stevens

Album: The Age of Adz Label: Asthmatic Kitty ●●●●

If you're still waiting for Sufjan Stevens to record another disc about an American state, keep waiting. The singersongwriter's last state-related project seems to be his big hit, 2006's Illi-



Belle and Sebastian Album: Write About Love Label: Matador

On their seventh studio album, Belle and Sebastian carry on with the blithe indie pop that made 2006's The Love Pursuit such a lovely departure. Write About Love eschews another directional change to focus on a more AM gold

sound, complemented by sweeping strings and plucky horn sections. As with any recording by these tweeful Scots, however, the intricate arrangements are only the cherry on top of lead songwriter Stuart Murdoch's shrewd storytelling and bright hooks. Outstanding track: River Runs Deep



nois. But after hearing his

latest you won't care what

Age of Adz is a mind-blow

sounds and choir-like har-

fool you, this is a brilliant

pop album. Outstanding

track: Get Real Get Right

BRYAN BORZYKOWSKI

monies. Don't let the noise

he's writing about. The

ing collection of thickly

layered guitars, electo

Antony and the Johnsons Album: Swanlights

Label: Nonesuch ⊕⊕⊕⊕

It seems impossible that Antony Hegarty (Antony and the Johnsons when working with collaborators) would be such a captivating performer. He sounds like Rufus Wainwright combating a bad case of delirium tremens. Still, as fourth fulllength Swanlights' petals unfold, we learn to appreciate how his odd structures and distinctive voice. Swanlights' intricate intertwining is strikingly dynamic and inspiringly inventive.

Outstanding track: Swanlights © KEITH CARMAN

PS I Love You

Album: Meet Me At The Muster Station Label: Paper Bag

The debut album by Kingston, Ontario's PS I Love You comes riding a tidal wave of hype but for once the machine doesn't lie. In only a half-hour, the duo make their convincing argument by cohering Paul Saulnier's pained yelp and transcendent guitar licks with Ben Nelson's galvanic timekeeping, along with great songwriting.

Outstanding track: Butterflies & Boners.

OCAM LINDSAY

Breaking into the family business

Over a decade ago, when Michael Jackson was working on what would become his final album, a young producer named Rodney Jerkins set up shop in the dance room of the singer's Neverland Ranch. A youngster approached Jerkins with a bold swagger.

"I'm going to work with you. We're going to work together on my album," Austin "Auggie" Brown told Jerkins, who flashed back to his own introduction to Jackson as a teenager.

"I'm looking at this 13year-old kid and I'm seeing all this ambition and it reminded me of myself the first time I met his uncle," Jerkins recalls.

Brown — the son of Jackson's older sister Maureen, known as Rebbie — is now 24, and has been working at Jerkins' Los Angeles studio for months to create his debut album, 85.

He's a serious and passionate student of music and dance, with handsome, distinctively angular facial features that recall his uncle in the Thriller period. Surrounded by musicians in his formative years, "I was a sponge," he said.

THE ASSOCIATED PRESS





TV picks

Community takes flight

SEASON TWO. Community has followed its critically acclaimed freshman year with an ambitious set of second-season episodes. In this one, Dean Pelton decides Greendale must have its own flight simulator to keep pace with the rival City College. (Cityty, NBC)

30 Rock goes live

comedy. 30 Rock will be more unpredictable than usual with tonight's first live episode. Liz is angry when no one remembers her 40th birthday, while Tracy decides to break character all evening. On Fringe, a shapeshifter is on the loose while Walter (John Noble) faces danger during an investigation. (Cityty, Fox)

Glee-ful fans pen guide

• Toronto writers drawn to relatable characters • Both had fan blogs for the show

Rachel Berry might not always be the most likable character on Glee.

But the Toronto-based authors of Don't Stop Believin': The Unofficial Guide to Glee (ECW Press) say she's the character they most identify with.

"I was totally a Rachel Berry in high school," says Erin Balser, 26. "I was so obnoxious and driven and dedicated and over the top, and I didn't have a lot of friends."

Co-author Suzanne Gardner, 25, says she also relates to Rachel, as well as fellow Glee-clubber Tina.

"My high school me has a lot of Rachel and Tina in me. There's the shy side of Tina, but there's also a lot of Rachel's go-get-it-ness — even when that's completely ridiculous, and maybe a little big headed," says Gardner.

The show's relatable characters are partially

"People (will) know if it's going to be a fun episode or an emotionally heavy one."

ERIN BALSER, CO-AUTHOR

what inspired Balser and Gardner to pen the Glee guide, which includes cast biographies, episode synopses, behind-the-scenes tidbits and explanations of the pop culture references that pepper the show.

The book also includes

The book also includes star ratings for each episode in categories of drama, comedy and music

It also examines similarities between Glee and Popular, another show from Glee co-creator Ryan Murphy.

"Ryan Murphy is such an interesting guy," notes Balser. "Popular is so dark and twisted. Nip/Tuck (which Murphy also created) was even more darker and more twisted. I was just really intrigued to see this guy, who's known for such complicated, grotesque thoughts ... come back to high school to do something that he kept claiming was going to be happy and joyous and a celebration. And he succeeded, definitely."

Balser, an associate producer at CBC, and Gardner, a web writer for Toronto mayoral candidate Joe Pantalone, did not know each other before writing the book.

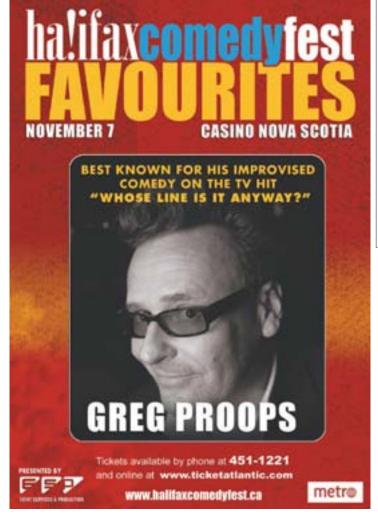
Both had Glee fan blogs (Balser runs Glee Dork, while Suzanne writes one called Gleeks United) and initially submitted separate proposals for Gleethemed books. Their publisher suggested they team up.

"They saw a lot of different strengths (in terms) of what we could bring to the table," says Balser. "(Suzanne) had quite a big fan base with her blog and had proven that she could write really detailed, thorough and enthusiastic recaps. I hadn't established myself because my blog was much newer than (Suzanne's) and didn't have as big an audience."

As part of their research, they set up RSS feeds for every person on Glee. Twitter also proved a handy research tool.

"We got a surprising amount of information from Twitter, especially for some of the smaller stars who didn't get a lot of interviews," says Balser.
THE CANADIAN PRESS

► Heather Morris portrays Britney Spear in a recent dream sequence episode of Glee.





Cole Harbour, NS Tel: (902) 435 3391 ext. 4

metr@dish metronews.ca THURSDAY, OCTOBER 14, 2010

Richie blasts paparazzi for following kids

◆ Actress says photographers go to daughter's school ◆ Worried about safety of hers and other kids • Vows to do background checks

Nicole Richie is so fed up photographers camped outside her daughter's school that she sent paparazzi agency X17 a nasty letter telling them to watch themselves.

"I am going to do a background check on each and every person that I see there. For the safety of my children and others," her letter reads, according to Hollyscoop.

The last time I did a check on your staff, I found they had no license. Remember that day? The day that ended with a car accident and me in a hospital? If I find out anyone has a suspended, restricted or invalid license, I will have them thrown in jail before they can pick up the phone and call their lawvers.

Richie ended the letter just as strongly: "These are young children and you



should know better. X17, you are irresponsible and repulsive. Consider this a warning.

Richie and her partner Joel Madden, from the band Good Charlotte, have two young children.

GETTY IMAGES David Arquette's mouth got him into trouble after he told Howard Stern that he slept with actress Jasmine Waltz.

Waltz upset with Arquette

Jasmine Waltz is reportedly "shocked" to find herself in the middle of the Courteney Cox and David Arquette breakup news after Arquette admitted to a tryst with the bartender on Howard Stern's radio show, according to Radar Online.

"Jasmine shocked when she heard David had gone on Howard Stern and told what she considered to be private details of their relationship," a source says. "She had no idea he would sleep with her and tell everyone." metro

19

up about suffering from depression. "I am by no means mentally unstable. Well I am pretty crazy and weird sometimes, but not says, according to

Barton depressed Mischa Barton is opening

mentally unstable," Barton Hollyscoop. OMETRO

Michael to be good boy

Now that he's out of jail, George Michael is looking to clean up his act, so he's sending himself back to rehab, according to the

'I want to beat my drug addiction and lead a normal life. I don't want to end up back in prison. It's a very horrible place to be," he says. "You're not considered a person when you're inside, you're just a number and that freaked me out." METRO

Celebrity tweets



Demi Moore [@mrskutcher] Just saw a demo at Bet-

ter Place 4 an electric car and system that could change the world, our dependency on oil & the quality of our planet!



Paula Abdul [@PaulaAbdul] Twitter is messing w/

my tweets again. :((sorry if you get this tweet a couple times....



neir children and are ıtting them first. Yeh, they therapy bound and u know



Kanye West [@kanye auitos suck

Lohan's rehab escape attempt foiled?

Lindsay Lohan reportedly got into trouble in rehab recently when she and a fellow patient tried to escape the Betty Ford Center to get soda from a vending machine in a neighbouring

hospital, according to Radar Online.

But the plan fell apart when Lohan's accomplice's clothing became caught on a fence. "Lindsay and her co-conspirator were forced to give it up and flag down a volunteer, who was crossing the center's grounds on a golf cart," a source says. "The pair was safely returned, decaffeinated, to their hall." • metro









Planning your wedding and look-ing for an app to help you make that walk down the aisle everything you dreamed of? 2 For Life Media Inc. recently released its Ultimate Wedding Planner on the App Store. The planner combines all the knowledge and authority of a wedding magazine with the up-to-date feel of a wedding web-site and the feel of a digital planner. METRO





Making sense of the coming styles

• One month, four cities, and umpteen catwalks later, the changes in the air are palpable



If one thing can be said about this past month's spring/summer '11 shows, it's that it was rife with sudden change.

Forget about all the '50s stuff you're wearing right now. Next season, tall, platform wedge shoes will replace the kitten heel, which has been having such a moment for autumn/winter '10. Floaty

peasant-style dresses that could have come straight out of your mom's closet in 1976 will make those Mad Men-inspired skirts look like old news. And all that blush and camel you've been wearing this fall? Colours will be brighter by the time the summer comes — a lot brighter (think fuchsia, purple, orange and neon green) — and often come in stripes or blocked patterns.

But hues and dress shapes aren't the only things changing at a dizzying rate. Significant, long-term trends are emerging as well. For one, an increasing number of designers are paying less and less attention to the seasons they're designing for. Much of the clothing showed for spring/summer '11 could also work for colder weather. The looks at Prada, for example, came accessorized with fur stoles in electric, saturated colours that would be perfect for the coming holiday season. Meanwhile,

Burberry Prorsum, showed leather biker jackets that screamed chilly-day-in-October, rather than, say, balmy-afternoon-in-June.

Truth be told, most of what we've seen during the spring/summer '11 catwalks will look old by the time it hits stores next year.

Considering how accessible the shows are these days (anyone can stream them live online or see the images just hours later), a girl can't help but want to shop directly off of the

Top trends

The top three trends of spring/summer '11

- Long, diaphanous skirts
- and dresses

 Bold, pops of color

 Shoot transparent
- Sheer, transparent separates and dresses

runways. It's enough to make one wonder when the retail cycle as a whole will catch up and make it possible for a shopper to do just that.

Buying the best men's cleansers



Yes, the average woman's facial cleaning regimen would send most men running for the hills.

But merely splashing your face with water at the end of the day (the way most guys seem to do) is hardly a good way to rinse the day off. Here are six highly effective, low-maintenance washes to add to your routine.

Perricone MD gentle cleanser \$35.00 perricon-

emd.co.uk



Shiseido Men cleansing foam \$22.00 shis-eido.com



Elemis Deep cleanse facial wash \$28.00 elemis.com



Kiehl's ultra facial cleanser \$18.00 kiehls.com



Clarins Active Face Wash \$18.50 clarins.com



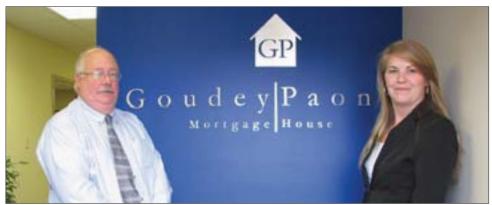




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GOUDEY PAON MORTGAGE HOUSE



Bob Goudey and Sheena Paon are the partners in Goudey Paon Mortgage House

Firm opens it's doors

Goudey Paon Mortgage House will be holding its grand opening today from 4 p.m. to 7 p.m. Conveniently located at 10 Ilsley Avenue, Unit 5, the firm's new location allows it to offer more than just mortgages.

"We offer a full range of financial products now, so we're now more of a one-stop shop," says Bob Goudey, the firm's president.

"Both Bob and I agree we want any client experience with Goudey Paon Mortgage House to be stress free, helpful and bring happiness to them," says Sheena Paon, the firm's vicepresident.

The company has six employees, whereas in its old location, it only had three. The new location is larger, more easily accessible, features plenty of free parking and is on the around level.

"Where we were, it limited our growth," explains Goudey.

With the new location and expanded staff, Goudey says clients are taking advantage of the full suite of mortgage, insurance and investment products Goudey Paon offers.

"Since we've been here, I would say a good percentage of our clients, what 50 per cent of our clients, are taking advantage of the other services," he says. With a financial consultant (Chris Bright) on staff, Goudey Paon also offers products such as investments, group benefit plans and life insurance. As a broker, Goudey Paon is able to find coverage that fits clients' particular needs, rather than fitting them into a sort of one-size fits all solution. One service Goudey Paon offers in particular is receiving enthusiastic responses from its clients.

"We have a corny saying that says, 'Nobody is declined,'" says Goudey. "What that means is if somebody comes in and they don't qualify, if they're interested, we will do up a written proposal on what they have to do to get the situation resolved. We call it a 'path' - a roadmap to home ownership."

Things a client may have to work on include resolving an outstanding collection, budgeting to save for a down payment or establishing an RRSP to use for a down payment on a home

"School doesn't teach Mortgages 101 or Maintaining Good Credit, this is where we come in," says Paon. "We are specialists in financing - we do this every day and can get you on the right path to own or help with present homeownership!"

To contact Goudey or Paon, call 468-4944

Being covered

Education is key when choosing the appropriate insurance coverage

Three of the types of insurance Goudey Paon Mortgage House offers are disability, critical illness and mortgage insurance. Financial consultant Chris Bright says it's crucial people have the right types of coverage in place.

"I think it's important that people have the proper insurance in place so they don't burden other people," he says. Disability insurance is one type of insurance people should review carefully, says Bright.

"People should read their disability policy and understand what it offers them," he says. Bright says the coverage people may have through their existing plans may not be appropriate for their needs, explaining that disability insurance differs significantly from policy to policy. The length of the policy is also another factor to consider. Bright says most people have short-term disability policies, whereas something that is more long term might be a better option depending on the person.

People should also consider getting critical illness insurance. Critical illness insurance gives people a tax free lump sum payment in the event they are diagnosed with a critical illness which covers 22 conditions.

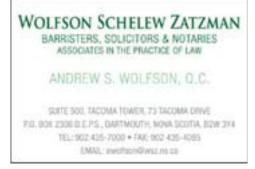
"The big three are stroke, cancer and heart attack," says Bright.

With improved medical care that sees people living longer and better able to survive these critical illnesses, it is important people be prepared for these situations as critical illnesses involve considerable financial burdens. One of the benefits of critical illness insurance is people are free to spend the money how they see fit.

"You do with it whatever you want to," says Bright.

When it comes to purchasing mortgage insurance, there are two types people can choose from: creditor insurance and personal life insurance. To Bright, the choice is clear, personal life insurance is the better way to go. Assuming somebody has a mortgage of \$150,000 and pays off \$10,000 of that mortgage a year, after five years their outstanding balance will be \$100,000. In the event the creditor insurance kicked in, the \$100,000 balance would be paid off, nothing more.







Creit Management L.P. would like to congratulate Goudey/Paon Mortgage House on their new Grand opening.



We would like to congratulate Goudey/Paon Mortgage House on their Grand Opening.

Meet the team

Goudey Paon Mortgage House staff known for experience and client dedication

he team at Goudey Paon Mortgage House is an experienced one. Its president, Bob Goudey has 33 years of experience in the mortgage industry.

"I have the experience of looking at a deal and figuring out what's a deal and what's not and how to make it work," he

For every situation that pops up, clients can rest assured Goudey's seen it happen many times over.

The other partner in the business is Sheena Paon. Paon began working with Goudey during her final two years of Bachelor of Business Administration studies at Mount Saint Vincent University, before becoming a full mortgage broker over two years ago. She has been in the mortgage industry for four years.

"I learned the business from one of the more experienced brokers around, which means of course I can serve as a better mortgage broker to my clients," says Paon.

Paon is well known for the passion she brings to Goudey

"I won't let anyone out my door without helping them," she says. Her clients describe her as being very hands on and they appreciate how she keeps them in the loop, taking extra efforts to make sure everything goes as smoothly as possible. Clients can rest assured they will not be the ones chasing down Paon.

"That would never happen with me," she says. "They always know where they stand with me."

Both Paon and Goudey pride themselves on their accessibility. While their office at 10 llsley Avenue is open Monday to Friday from 9 a.m. to 3 p.m., the two can also be reached outside of those hours. "We will meet on weekends or weeknights, and are accessible by cell phones just about 24/7" say's Paon. "Additionally there's some great information on our websites," says Sheena Paon, Goudey Paon's vice-president.

Financial consultant Chris Bright is new to Goudey Paon, but he's been working as a financial consultant for the last five years. His position involves sitting down with clients and going over their personal insurance and investment portfolio and protecting their assets through insurance.

"I like educating people and seeing the light switch turn on,"

Bright recommends that people look at their insurance portfolio whenever they have "life-changing experiences," such as getting married, buying a new house or having a child.



Goudey Paon also has an extensive group of professionals to which it can recommend its

"We enjoy a network of other professionals, such as real estate agents, lawyers, and appraisers of which we have built relationships with," says Paon. "We want the clients to be completely satisfied therefore we encourage clients to go to these professionals as we feel they are the best professionals who will go above and beyond to ensure the clients are satisfied."



The staff at Goudey Paon Mortgage House have a reputation for being friendly





KENT W. RODGERS

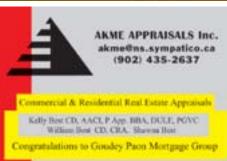
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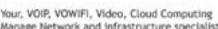


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CT. S ALL ABOUT THE METWORK

Make your bedroom a calming oasis

- Debbie Travis shares some easy ways to turn your bedroom into a restful retreat
- Designer draws inspiration from boutique hotels

When it comes to decorating, many of us tend to focus on the public spaces in our homes — living room, dining room and kitchen often at the neglect our bedroom, the place where we recharge every night for the following day. The calmer and more serene and comfortable the bedroom environment, the better we sleep.

– Cana-Debbie Travis da's beloved design guru, who's new show All For One with Debbie Travis premieres this Sunday at 9 p.m. on CBC — shares some easy ways to turn your bedroom into what it should be: a calming oasis.

"I love doing bedrooms more than anything else," says Travis, adding that she derives bedroom design inherives bedroom design hispiration from the boutique hotel industry that has cropped up around the globe over the past decade. "These hotels are not the chains. They've built an industry on creating oasis, uniqueness and individuali-



ty, so you can derive so much inspiration

According to Travis, the focal point of the room is the bed, so play that up. "I

think it's a matter of turning your bed into some-thing really amazing," she says, pointing to the cur-rent trend in oversized headboards covered with

graphic, colourful fabric. "And of course, lovely

crispy sheets," she adds.

A must for Travis is flanking the bed with side tables and lamps. Not only

is this a matter of practicality, but visually it add symmetry and grounds the bed in the room. "A lot of people are against carpet, but it's coming back big time,"

1 WEST ELM \$34

This Sculpted Origami Pillow Cover made from 100 per cent wool, is cleverly pintucked to create a sculptural accent when stacked at the head of the bed. Accommodates a 20inch square pillow insert (sold separately); westelm.com

says Travis, who is currently installing carpet in the bedrooms of her home in London, England. "They're just so cozy.

And when it comes to colour, Travis advises opting for richer colours like oranges and reds and pinks because "they give you a lovely glow and you want to look a bit sexy in the bedroom.'

In All for One with Debbie Travis, the TV icon visdifferent Canadian towns where she surprises the locals with plans for a stunning home construc-tion project as a reward for a community hero.

2 WEST ELM \$59 (EACH)

These oh-so-soft handknit, acrylic/wood blend throws add a soft, textural and inviting element when spread a bed. Curl up with a good book and relax: westelm.com.









New Home Energy Efficiency Design Competition

The Nova Scotia Home Builders' Association (NSHBA) invites entries for its energy efficient new home design competition.

Submit your design of an R-2000 house including advanced building practices, products and energy efficient technology.

Entries will be judged on: • energy efficiency • innovation of design • the home's sustainability

Details of construction should be easily adaptable to today's trades and attempt to exceed current performance limits.

This home will be a highlight in the Nova Scotian housing market.

Architects/ home designers currently living in NS are eligible to submit entries.

Entries will be accepted until Friday, October 29th at 4:00pm, submitted to the NSHBA office located at 15A Oland Crescent, Halifax.

For copies of the specific requirements and application form, prizing or other information: Call Sherry Donovan 450-5558/1-800-668-2001

www.nshomebuilders.ca



3 CRATE&BARREL

An area rug not only provides warmth underfoot, but this 8-by-10-foot hand-loomed soft wool Marcella Rug with stripes of violet, raisin, magenta and cream brings a luxurious pop of rich colour to a bedroom retreat; crateandbarrel.com.





4 CANADIAN TIRE \$39.99

No-fuss drapes are an ideal finishing touch to any bedroom and this polyester/wool blend Debbie Travis Herringbone Panel (54-by-84-inch) in cream or brown are a way to take your bedroom from drab to fab; canadiantire.ca

CANADIAN TIRE

A pair of Debbie Travis Luxe Table Lamps on each bedside table not only provides great reading light, but a hint of glamour from the contemporary metallic bulb-shaped base: canadiantire.ca. OMETRO

A bright and cheery café for you lunch rush



The vibrant colours and the kid-friendly atmosphere make Local Jo a cheery place for lunch

LUNCH RUSH

VALERIE MANSOUR



Local Jo is a burst of sun-shine. Everything healthy and they are supportive of local agricul-

We have our heart set on soup but their soup special is sold out, so we start with a small Somosa each.

Made with lentils and veggies, they're tasty and

mildly spicy.

I have the Roasted Vegetable Pizza, a delicious concoction of zucchini, red pepper, mushrooms and eggplant with cheese and

pesto on a thin crust. My side green salad is lovely and shows how a few special ingredients cranberries and apple - can make a simapple — call flake a sili-ple salad more appetizing. My pal has a day-old (1/2 price) sandwich — Swiss Cheese and Ham on thick whole-wheat bread. It's fine and filling. We sip on coffee and

hot apple cider and linger at a window table. It's that kind of place.

- Local Jo Café and Market
- 2959 Oxford Street
- 455-6225 Hours: Mon., Tues., Sat. 7:30 a.m. - 6 p.m. Wed., Thurs., Fri.: 7:30 - 9 p.m. Sun. 10 a.m. — 6 p.m. Rating: ****

Recipe: Mushroom Focaccia

Focaccia is an Italian flat-bread like pizza without the sauce and the dough is thicker. This oven version is topped with a mushroom mixture and Parmesan cheese.

Mushroom Focaccia **Preparation:**

- Lightly grease a baking sheet and place dough on it; with floured hands press out dough to 28-by-18-cm (11-by-7-inch) oval. Brush with 10 ml (2 tsp) of the oil and let rise in a warm place for 45 to 60 min-
- Meanwhile, heat remaining oil in a large skillet; saute mushrooms and onion for 4 minutes or until moisture has evaporated; add oregano and garlic, cook for 1 more minute, then let cool slightly.
- With thumb or end of wooden spoon, make dimpled surface on focaccia; top with mushroom mixture, pressing lightly into dough. Top

Ingredients:

- 500 g (1 lb) pizza dough or frozen bread dough,
- 45 ml (3 tbsp) olive oil, divided
- 375 ml (3/4 lb) fresh mushrooms, thinly sliced (white, cremini, portobello, shiitake, oyster)
- 250 ml (1 cup) thinly sliced red or sweet onion
- 7 ml (1½ tsp) dried oregano or Italian mixed herbs
- 1 clove garlic, minced
- 8 black olives, pitted and sliced (optional)
- Coarsely ground black pepper, to taste
- 15 ml (1 tbsp) grated Parmesan cheese

with olives, if using, black pepper and Parmesan.

Bake in a 200 C (400 F) oven for 20 to 25 minutes or until bottom is lightly browned and crisp. Let cool slightly on wire rack. Cut in wedges or slices to serve. Makes 12 servings. THE ASSOCIATED PRESS

Serving up slow cooker praise

Victoria, B.C., chef and food writer Eric Akis wasn't alwavs enamoured with slow cookers, regarding them as "not the greatest appli-

But all that changed five years ago when readers of his newspaper column began begging for slow cooker

recipes.
"My work forced me to create recipes and when I tested beef chili the first time, I lifted the lid of the cooker after eight hours and said, 'Oh my gosh this is really good," says Akis.

He did a great deal of re-

search of slow cooker books and found there appeared to be many different opinions on preparing food in slow cookers. These ranged from how to thicken dishes to whether you should put ground spices into the cooker at the beginning or the end of the process.

The result is his excellent guide for slow cooker users.

The book, Everyone Can Cook Slow Cooker Meals: Recipes for Satisfying Mains and Delicious Sides, is Volume 6 of Akis' Everyone Can Cook series.

He wanted to add side-



dish recipes to the book because, "I was coming up with some knock-out entrees from the slow cooker and I wanted to have sides to complement them," he

Although the slow cooker has been around since the 1970s, it has become a culinary trend for busy working families and even singles, Akis says.

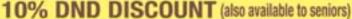
"The most versatile cook er is the 4.5- to 6.5-l oval shape," he suggests, "be-cause if you are cooking lamb shanks you can lay them out in a single layer as opposed to a round one."

"And for singles, most of my recipes can easily be cut in half," Akis says.

THE ASSOCIATED PRESS









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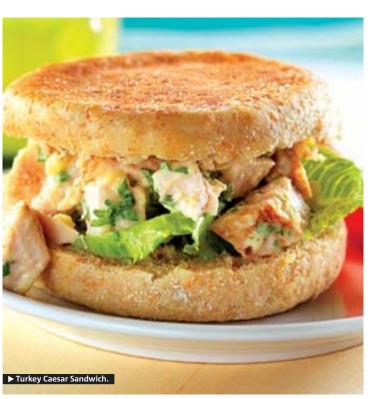
Or contribute through Canada Post's door-to-door food drive on Saturday or by dropping off food at designated dates and times at these locations: CBC Radio, Burger King on Illsley Ave, ADP Canada on Eileen Stubbs Ave and several Canada Post offices. Full details are posted online.



feednovascotia.ca/foodfight

Phone: 457.1900 Email: events@feednovascotia.ca

metr@food



So, Thanksgiving is over, yet the leftovers remain

After Thanksgiving, most households are faced with a fair amount of leftover turkey.

Here is a gourmet version of the turkey sandwich, which would make a super supper with a bowl of soup or a carry-to-work lunch.

Turkey Caesar Sandwich **Preparation:**

Ingredients:

- 2 English muffins or wholewheat huns
- 2 leaves romaine lettuce
- 500 ml (2 cups) chopped skinless leftover turkey
 - In a bowl, mix turkey. mayonnaise, parsley, lemon juice and Parmesan. Add lettuce and

- 50 ml (1/4 cup) low-fat mayonnaise-type dressing
- Pinch chopped parsley
- 2 ml (½ tsp) lemon juice
- 10 ml (2 tsp) grated Parmesan
- Cracked pepper

stuff between sliced English muffins. Makes 2 servings.

THE ASSOCIATED PRESS



Moose work hard for win

Lemieux, Ciampini each record goal, assist to lead Mooseheads to victory over Oceanic Season-low crowd of 4,031 takes in game



Rimouski Oceanic goalie Carl Hozjan turns aside a second-period shot as Mooseheads winger Carl Gelinas and Oceanic efenceman Gleason Fournier try to corral the rebound during Halifax's 5-3 win at the Metro Centre last night.



Should've. Could've. Would've. Did.

The Halifax Mooseheads put together a solid effort in defeating the high-powered Rimouski Oceanic 5-3 in QMJHL action last night at the Metro Centre.

But despite dominating most of the game, and outshooting the visitors 38-21, Halifax needed two thirdperiod goals to secure a victory they deserved but had to work hard to

get. "We good," "We played pretty good," said Mooseheads forward Alex Lemieux, who tallied the game-winner three minutes into the third. "It was big for us, and the fans too, because they have stuck with us since the beginning of the season."

Halifax, which had dropped six of seven, twice blew one-goal leads in the second only to go ahead for good on Lemieux's goal.

The marker came thanks to the hard work of

Next

Next up for the Mooseheads is a game Saturday in Bathurst against the Titan.

rookie Luca Ciampini. The 16-year-old fought off a Rimouski defender and passed the puck out front to Lemieux, who scored from in close.

Francis Turbide added an insurance marker with six minutes left.

"We were always in their zone, it seemed like,"

Ciampini said about the third, most of which he watched in the dressing room after needing stitches to his upper lip from having his visor pushed into his face from a hit. "We played a good 60 minutes."

Ciampini played arguably his best game as a Moosehead. The team's 2010 first-round draft choice scored his second goal of the season late in the second and created several other glorious chances.

"I had a lot of fun out



Problems continue to pile up for Favre

Brett Favre's latest problem is his elbow.

With the NFL investigating whether he sent lewd photos of himself to a Jets game hostess while he played for New York in 2008, Favre said yesterday that his cherished, leaguerecord streak of 289 straight starts could be in danger if the pain in his right elbow gets any worse.

The 41-year-old quarter-back did not practise with Minnesota yesterday, preferring to rest the tendinitis that flared up noticeably Monday night in the Vikings 29-20 loss to the

"I don't want to play just to play," Favre said. "It's kind of a funny injury. It could flare up and get worse."

It's even more adversity for Favre this season, which so far has been anything but a repeat of last year's charmed run to the NFC title game.

Commissioner Roger Goodell said Tuesday there is no timetable for completing an investigation into a Deadspin report that Favre sent inappropriate messages and photos to

Jenn Sterger in 2008. And the Vikings are off to a 1-3 start heading into what they call a must-win game against Dallas Sunday.
THE ASSOCIATED PRESS



"The guy is so resilient and has his priorities straight, and I think in the midst of a tough, tough situation, across the board, I think he's handled it really well."

VIKINGS KICKER RYAN LONGWELL



Quoted



"We feel like we can play baseball with anyone. We only can blaze our own trail right now, and every time we do something that's good, it adds to the history of the **Texas Rangers.**" TEXAS MANAGER RON

WASHINGTON, THE RANGERS HOST THE NEW YORK AL CHAMPIONSHIP SERIES TOMORROW.

"We're confident. We don't care who we go up against. We know we're good and we believe in ourselves."

MICHAEL YOUNG, RANGERS THIRD BASEMAN



Crosby scores but Pens fall to Leafs

Clarke MacArthur scored twice and the Toronto Maple Leafs withstood Sidney Crosby's first goal of the season to keep the Penguins winless in their new arena, beating Pittsburgh 4-3 last night.

Beauchemin Francois and Colton Orr also had goals for the Maple Leafs, who scored on four of their



14 shots to improve to 3-0 for the first time since the 1999-2000 season, the last time they won their division. They held on despite being outshot 9-2 in the third period, when Crosby, Evgeni Malkin and Mark Letestu all failed to convert good scoring chances.

Pittsburgh is 1-3 overall and 0-3 in the Consol Energy Center, which opened last week as the replacement for the 49-year-old Civic Arena.

Crosby's one point in three games represented the worst start of his sixseason career.

Toronto's Jonas Gustavs-son, the six-foot-three Swedish goalie nicknamed the Monster, turned aside 22 shots in his first start of

the season.
THE ASSOCIATED PRESS

The good, the bad and the 49ers

Now that every team has played at least four games, it's time to recognize the best and worst of the season so far



Overachievers

OK, who out there predicted through five weeks that the Buccaneers, Chiefs and Bears would be on top of their divisions? We know, all of them could (and likely will) fall back into the pack, but for now, they are the true success stories of 2010.

Underachievers

Going the other way are two of 2009's elite teams, the Cowboys and Vikings, and one predicted by many to be a playoff qualifier this season, the 49ers. Dallas and Minnesota are killing their chances with silly mistakes, while San Francisco has fallen to 0-5 through poor communication, inconsistent play and some downright awful coaching.





Best additions

New Ravens WR Anquan Boldin is on pace for almost 90 catches and double-digit TDs. The addition of dynamic DE Julius Peppers has made Chicago's linebackers that much more effective. The Jets brought in LaDainian Tomlinson to complement Shonn Greene, but LT looks like the vintage back of a few years ago, when he was destroying defences and setting records.

Worst additions

Arizona somehow thought Derek Anderson could be a facsimile of Kurt Warner when it signed him as a free agent. Anderson already has lost his job to undrafted rookie QB Max Hall. Cincinnati gave Antonio Bryant a four-year, \$28-million contract, but the WR didn't make it out of the pre-season. Denver went for defensive lineman Jarvis Green for \$3.55 million guaranteed, and he also didn't make it to the regular season.





Best play

Anyone who hasn't seen Kroy Biermann's hat trick at the end of the Falcons' win last Sunday in Cleveland should head directly to YouTube. The defensive end leaped to tip a pass, caught the deflection with a headfirst dive, rolled on the ground, alertly jumped to his feet and outran Browns players for a spectacular touchdown in the fourth quarter.

Worst play

Cowboy Marc Colombo spiked the ball after teammate Jason Witten scored a tying touchdown late in the fourth quarter, then failed to land on his feet after a follow-up, mid-air chest bump. Colombo somersaulted across the end zone, drawing a flag for excessive celebration. The penalty was assessed on the ensuing kickoff, which led to a long return followed by a short touchdown that gave the Titans a 34-27 victory.

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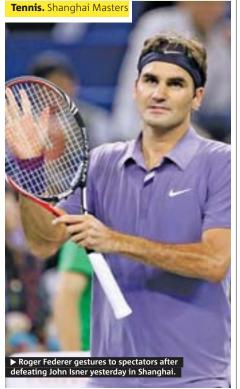
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Federer back with win

Roger Federer marked a winning return to play yesterday with another between-the-legs shot in his 6-3, 6-4 victory over American John Isner at the Shanghai Masters. Federer played his first match since the U.S. Open, where he lost to Novak Djokovic in the semifinals.

Injuries mount in Green Bay

Madiy n

juries, the Green Bay Packers now may be without tight end Jermichael Finley and linebacker Nick Barnett for the rest of the sea-

Both players had surgery this week and will need more time than originally was expected to recover. Packers coach Mike McCarthy said placing them on season-ending injured reserve is "definitely" an option, although the team may wait until next week to make a final decision.

"Getting the current players that we have on our roster healthy to win this football game is our focus," McCarthy said. "Now, once we get to next week I think we'll probably get a little more urgency on what we are going to do."

Finley hurt his right knee in Sunday's overtime loss at Washington, and Barnett hurt his left wrist in a victory over Detroit a week earlier.

It's the latest in a staggering series of losses for the Packers, who are preparing for Sunday's game against Miami without several of their top

THE ASSOCIATED PRESS

Crossword

1 Storage structure 5 Alkali neutralizer 9 Cudael 12 Relaxation 13 Musical ending 14 Past 15 "Are You Smarter Than a 5th Grader?" set 17 Sister 18 Rug, so to speak 19 Hoosegow 21 Bunyan's Babe, e.g. 22 "Star Wars" weapon 24 Dermatologist's concern 27 Increase 28 Hurry 31 "Humbug!" 32 Time of your life? 33 Shell game item 34 "Skedaddle!" 36 In medias -37 Unescorted 38 Irrigate 40 3.14

47 Geological period 48 "Who Wants To Be a Millionaire" aids 51 Donkey 52 Maleficence 53 Brat's stocking stuffer 54 Bambi's aunt Ena, e.g. 55 Rod attachment

41 Stallone role

43 Deli offering

Down

56 Initial stake

1 Denomination
2 Head light?
3 Birthright barterer

5 Farm fraction 6 Bill's partner 7 Altar affirmative 8 Muffles 9 "Wheel of Fortune" chance 10 Chills and fever 11 Broadway prize 16 Driver's license datum 20 "— the ramparts ..." 22 Beer type 23 Firetruck tools

24 Couric's network

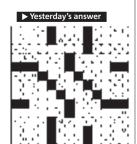
26 "The Price Is Right"

25 "Uh-huh"

jackpot

30 Crone
35 Erstwhile acorn
37 Sand component
39 Tenth president
40 Chum
41 Peruse
42 Approximately
43 Hawk
44 Unsigned (Abbr.)
45 43-Across, e.g.
46 Capri or Wile
50 "A pox upon thee!"

29 Vast expanse



Sudoku

1			3	9				6
	7					5	9	
	4			6	2			1
					4			7
		9				6		
4			8					
2			4	5			3	
	8	1					6	
3				8	7			5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Today

Yesterday's answer ▶

Friday

757% WOW

	U	١ "	J	J		_	_
9	3	4	2	6	5	1	8
5	2	7	1	8	9	4	3
7	4	6	9	3	8	5	1
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8	6	1	5	7	2	3	4
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n 12 / 11

Rein

4 1 8 9 3 5 7 6 2



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Candace, my life is perfect with you, and now awaiting our first child, everything feels complete, iloveyou Forever&Always.

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I. YANG

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Val, Wishing you all the best in your new adventure... Will miss you.

Sisters make the best of friends! To my better halves, Talisa & Sophia! Love you! FOREVER & ALWAYS - CN

You have voted on #1 for best forecasts on TV. Thank you Camedal

TWN incorporates MSC data

0

For today's crossword answers and for expanded horoscopes, go to metronews.ca

T Aries March 21-April 20 You have kept your emotions in check long enough and if you don't let off some steam soon you may well explode. Find a constructive way to ease the pressure.

Today's horoscope

➤ Taurus April 21-May 21 Stand up for what you believe, even though it brings you into conflict with people who don't share your principles. Be

share your principles. Be aware though that in their own way they are just as principled as you.

II **Gemini** May 22-June 21 The Sun in Libra makes you want to speed things up, but not everyone wants to be pushed so hard or so fast. Today, if you want to move ahead you will

have to do so on your own.

Gancer June 22-July 22

When dealing with family feuds it is always a good idea to stay neutral and that is very much the position you need to adopt today.

11P Virgo Aug. 24- Sept. 22 If someone is taking advantage of you then you must do something about it. Don't worry that you might come on too strong and cause a rift that can never be healed. If it happens it happens.

ncer iuna 22-iuly 22

⇒ Libra Sept. 23-0ct. 23 You may think that you can cut corners and bend rules and get clean away with it, but is that the truth? Chances are it's wishful thinking. Chances are you're kidding yourself.

III Scorpio oct. 24-Nov. 22 Just over a week from now a new solar year will begin and all the fears and doubts that have been holding you back will simply fade away.

Nov. 23-Dec. 21 If you are dissatisfied with your lot that's a good sign. It means you are aware that your life is not as fulfilling as it could be. Use that dissatisfaction to motivate yourself to make changes. And make them big changes.

13 Capricorn Dec. 22-Jan. 20

Surery

Strive to stay at least two steps ahead of your rivals. How do you do that? By making sure you are better informed than they are.

--- Aquarius Jan. 21-Reb. 18 You are on a winning streak and that streak has some way to run, but if you are smart you will also be looking ahead and thinking about how you can consolidate your gains.

X Pisces Feb. 19-March 20 It may be painfully apparent that you have been living beyond your means and must cut back on what you spend, but don't go from one extreme to the other and deny yourself everything that you enjoy.

Sally Brompton



WIN! You write it!

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.



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